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**DERBY**  **10**  
**mile**

Sunday 25th November 2018 | 11am | Pride Park Stadium

# EVENT GUIDE

**SUNDAY 25TH NOVEMBER | 11AM**

**[www.derby10.co.uk](http://www.derby10.co.uk)**



Official Race  
Charity Partner



**@derby10m**

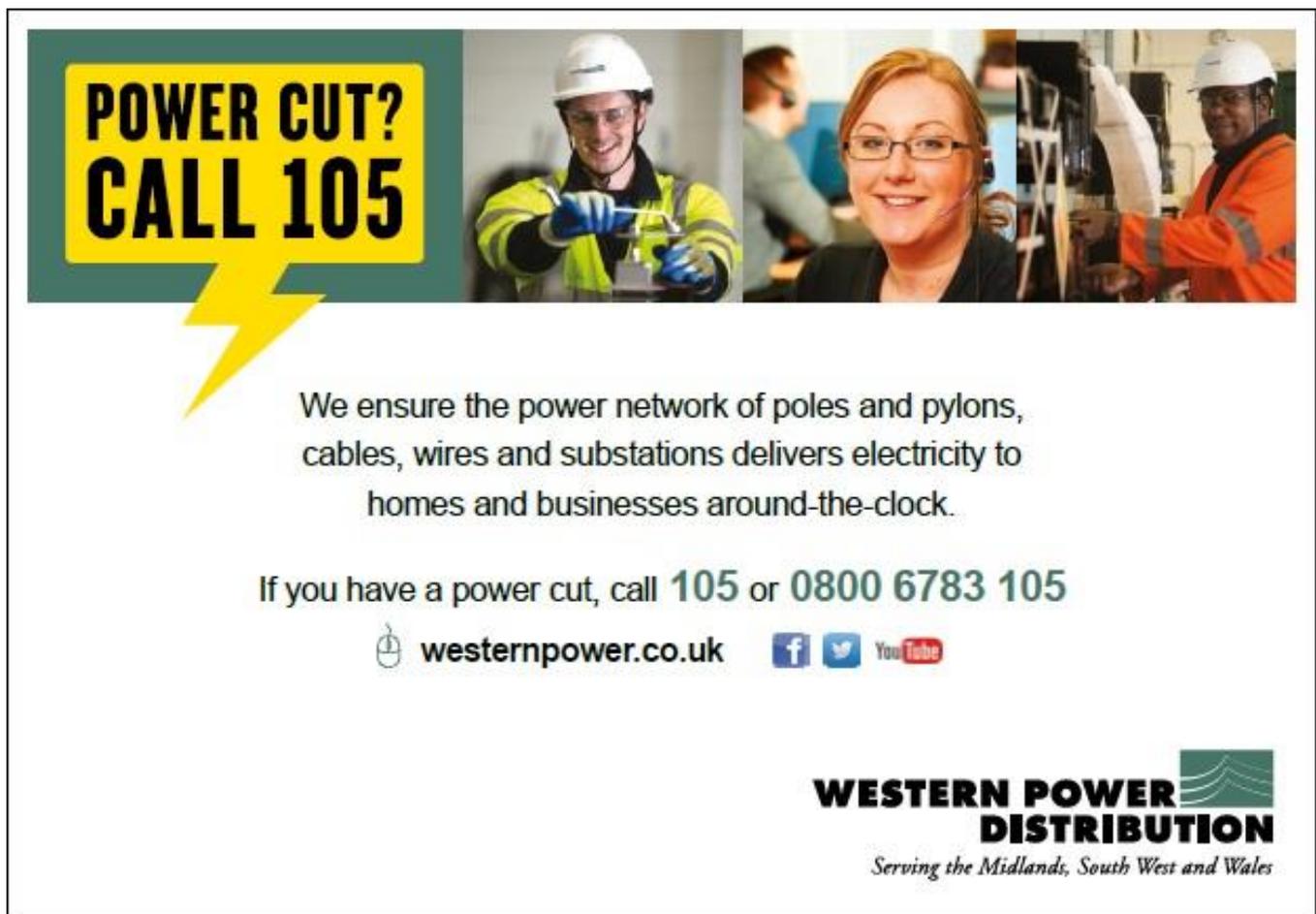
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## Introduction

Thank you for entering the 3rd Derby 10 Mile race sponsored by [Western Power Distribution](#). This event guide provides you with all of the details you will need on race day. Please check the [Derby 10 Mile website](#) for the latest news and any last minute updates.

Whether your ambition for the race is to compete for the prizes, register a new personal best time, and beat a rival or just to have an enjoyable day out, we wish you success and hope you enjoy the event.



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## Getting your Race Number

If you have opted to have your race number posted out to you, you will receive it in the week prior to race day. If you have opted to collect your race number, you can do so from the Race Number Collection Point in the Race Village from 9am on race day, or you can pick it up in advance from The Derby Runner on Friday 23rd November between 2-8pm.

## About your Race Number

Runners do not need to bring anything when collecting race numbers as we will ask specific questions and cross reference it with the original entry data. Race numbers can also be collected by friends and family on producing a copy of the entry confirmation email that has been signed by the entrant.

All runners must wear race numbers pinned to the front of their running vest throughout the race. It is a race requirement that all runners complete the details on the back of their race numbers to include name, emergency contact details and any medical conditions. Any known medical conditions must be indicated on the front of the race number with a red 'X'.

Under UK Athletics rules, any runner found to be running with any race number other than that issued to them will be disqualified. Both they and those who pass on the number will be reported to UK Athletics and subject to disciplinary action by the governing body.

Swapping numbers can create a dangerous medical situation on race day. A transfer process was in place until 7/11/2018.

The Derby 10 Mile will be using a chip timing system to ensure runners' results are accurate. The timing tag will be attached to the back of the race number – tampering or removal could cause a missed result. After crossing the finish line, the timing tag on the back of the race numbers will automatically record runners' results. Full results will then be published on the Derby 10 Mile website as soon as possible after the race, likely in the afternoon on the day of the event.

Race numbers and timing chips do not need to be returned as results will be recorded automatically after crossing the finish line. Hold on to your race number after the event as it entitles you to 10% off at Café 42 in Derby Arena on race day and 20% off at the [Derby Runner](#) retail store in Spondon until 16<sup>th</sup> December 2018.



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## Race Timings Explained

### Gun Time

The race time officially starts once the start horn is sounded. This is what the official results are based on and is known as the 'Gun Time'.

### Chip Time

When runners cross the start line 'chip mat', the timing chip begins to record the time and forms individual runners' 'Chip Time'. This is for personal interest and generally what runners base their personal best times on.

Both of these times will be published on the official race results page of the Derby 10 Mile website shortly after the race. UK Athletics races are competitive events and Derby 10 Mile results, prizes and course records are awarded according to the 'Gun Time'.



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There is a cut-off time of 2 hours 30 minutes to complete the race (10 mile). We will do our best to support anyone to get around the course. There will be a sweep bike who will record all runners who drop-out or are slower than the cut-off time.

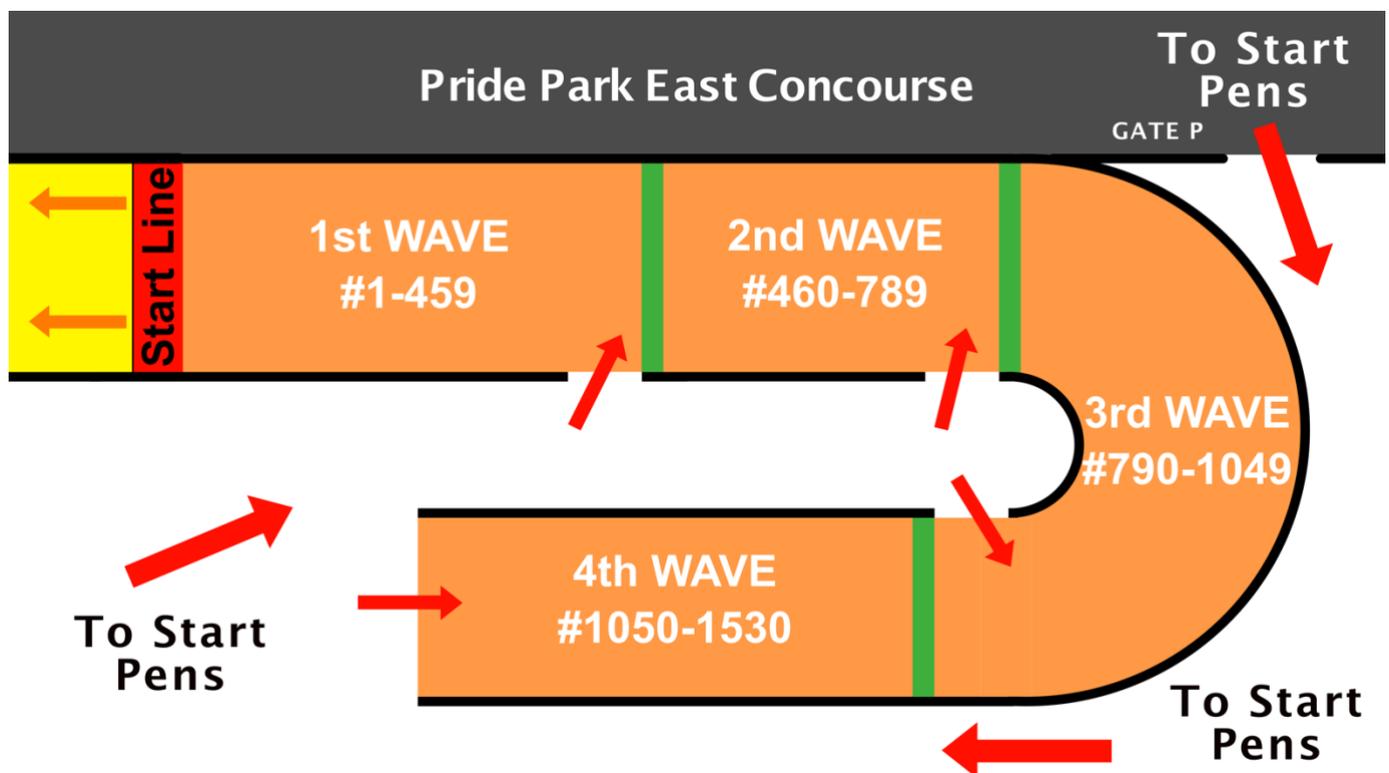
## Baggage Storage

There will be a Baggage Storage Area located next to Greggs on the North Stand that will be accessible from 9am. Please note that there is no access to the North Stand via the Race Village. Be sure to attach the baggage label that comes with your Race Number prior to approaching the Baggage Area. The Baggage Area is provided out of goodwill for runners, therefore the race organisers do not accept responsibility for any damaged or lost items.

## Start Arrangements

The race will start on the East Stand side of the Stadium at 11am prompt. Please aim to be at the start 15 minutes before the start of the race (10:45am) and position yourself appropriately according to your race number – there will be signs directing runners to the appropriate areas. There will be a four-waved start with a gap of 60 seconds from the last runner to cross the start line to the start of the next wave. The start horn will be sounded at the start of each wave. Due to some narrow sections early on the course, it is important that you start in the pen assigned to you.

After leaving the concourse from Gate P or Gate R, head towards the start line and access the appropriate pen from inside the 'U' shaped barrier system as outlined in the diagram below.



## The Course

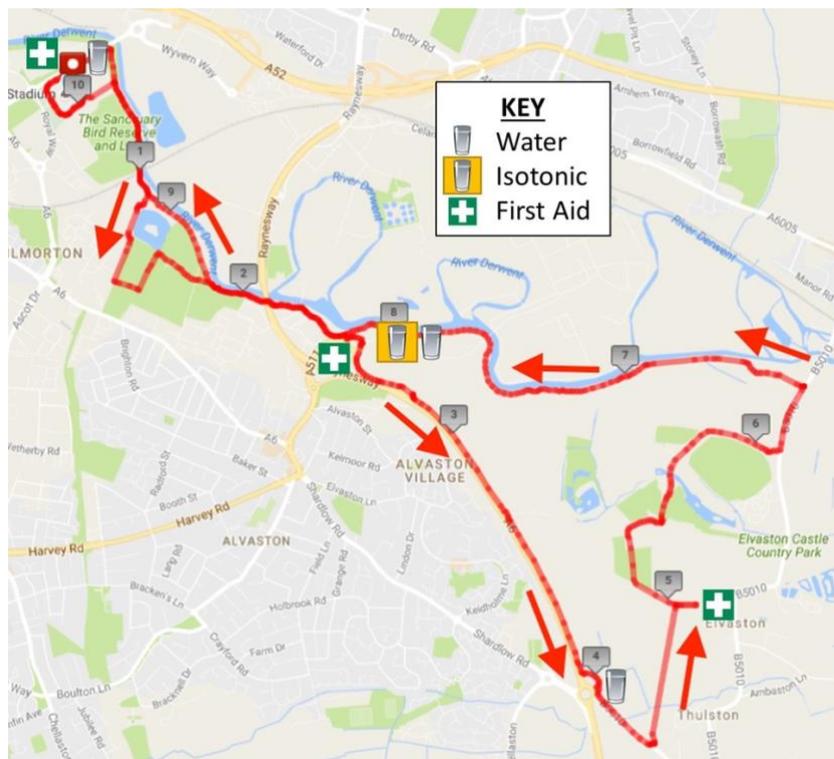
The course will include areas around the Pride Park Stadium, the river path, the A6 cycle path and the scenic Elvaston Castle Country Park. The course is flat and fast and has been measured to UK Athletics standards. Distances are marked in miles and there will be a water station at 4 miles and a water and isotonic drink station at 8 miles. Water will also be available after the finish line.

## Course Notes

Be aware that the course narrows after 700m and some other areas around the course including the river path. Speed bumps, uneven surfaces and bollards on some sections of the course will be clearly marked and taped. At Fernhook Avenue there is a carefully managed road crossing point which is operated when there is a sufficient gap between the runners. Please be alert and follow marshals' instructions at all times.

## Derby 10 Mile Course Map

A detailed copy of the course map can be viewed here: <http://derby10.co.uk/10-mile-course>



## Disposal of Litter

**PLEASE DO NOT LITTER!** Water cups can be discarded to the large bags just after the water stations but please do not throw into hedging, onto properties or anywhere where our team will not easily be able to collect them. If you decide to take other items around the course with you, please hold on to the litter and dispose of it in a litter bin.

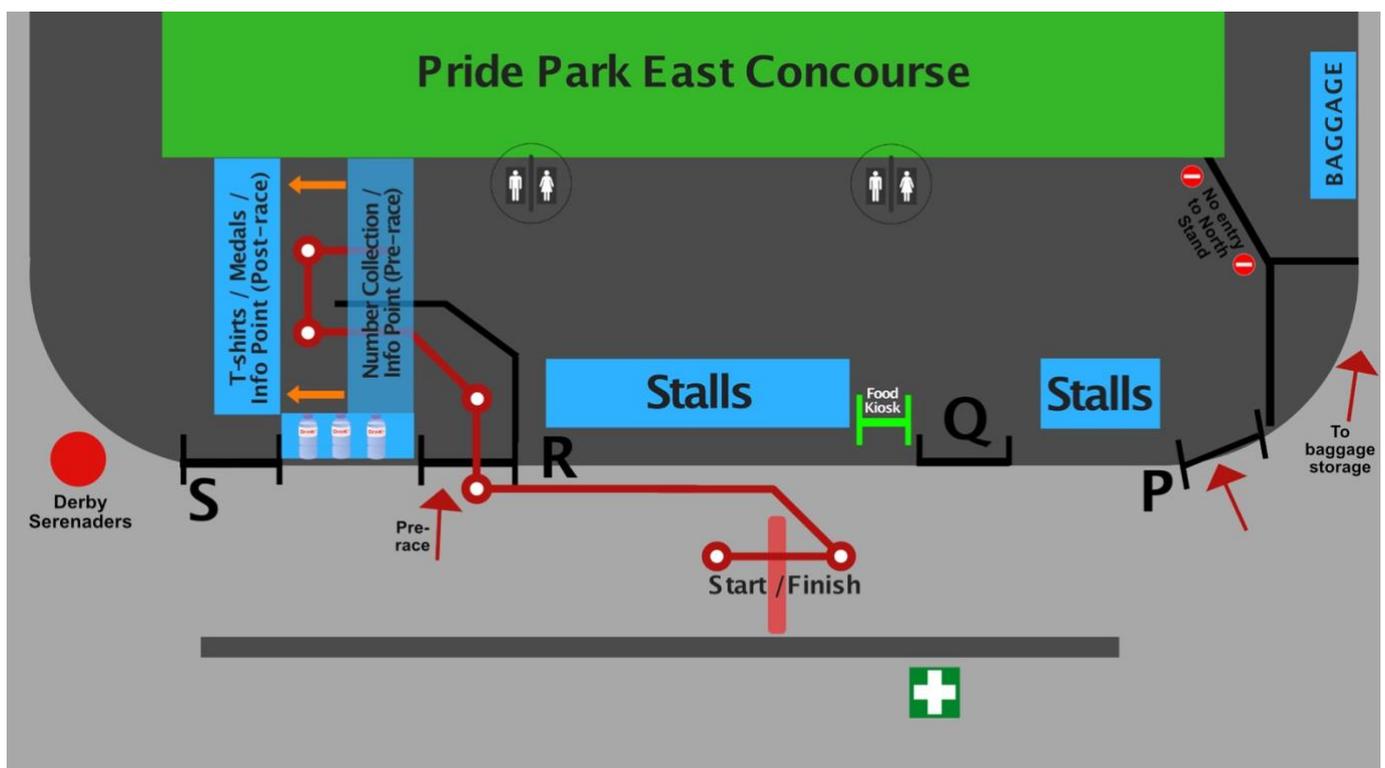
## Medical Cover

Medical cover will be provided around the course and at the finish in case you are feeling unwell or injured. If you require medical assistance, please notify the nearest marshal. If you feel tired, are injured or for whatever reasons you do not wish to complete the race, please approach the nearest marshal in a fluorescent bib who will inform Event Control. Please do not drop-out of the race and make your own way home. We need to account for the safety and well-being of all runners who start the race.

## The Race Village

The Race Village is located under cover in the East Concourse of the Pride Park Stadium and is where all runners and spectators gather before and after the race.

There will be some partner stands in the Race Village including Derby Runner retail and Annabel's Angels charity stalls, in addition to pre and post-race sports massage area. kindly provided by Helen Wright and team, race number collection and information point, baggage storage, toilets, and food and drink stand.



## Toilets/Changing Facilities

There are plenty of toilets available in the Race Village. Please allow time to use these facilities as they will become very busy prior to the race. There are also toilets located at Elvaston Castle and the castle car park entrance. Runners are politely asked not urinate in any other location around the Pride Park Stadium or public locations along the race route.

## Finish Arrangements

After crossing the finish line, runners will be directed into the Race Village to collect water, a technical t-shirt, a bespoke medal, and another reward for finishing the race kindly provided by our headline sponsor. Please show your race number when collecting your t-shirt. Whilst we have ordered t-shirts in requested sizes we cannot guarantee your preferred size.

## Race Information Point

This is located by Number Collection in the Race Village.

## Sports Massage

The sports massage will be provided by Helen Wright and team.

## Prizes and Presentations

Prizes will be awarded to:

- 1st-4th male/female (presented to winners on the day)
- 1st male 40-49/50-59/60-69/70+ (posted out after race day)
- 1st female 35-44/45-54/55-64/65+ (posted out after race day)
- 1st male/female UKA affiliated teams (posted out after race day)

Please see the website for further details. Presentations for 1st-4th male and female winners will take place in the Race Village at approximately 1pm.



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## Race Photography and Results

Photos will be taken during the event by [Epic Action Imagery](#) and will be accessible and available for purchase from the [Derby 10 website](#) shortly afterwards. All runners will receive an email when the photos are live on the website. The results will be compiled by FR Systems. These are expected to be on the [Derby 10 Mile website](#) shortly after the race.

## Medal Engraver

A medal engraver will be in the event village.

## Key Rules and Regulations

Derby 10 Mile is managed according to UKA rules - UKA License Number 2018-35294. In accordance with UK Athletics Rules, no one under the age of 17 years on race day will be permitted to participate in the race.

On the grounds of health and safety due to the 10 mile course being narrow in some areas, it is with regret that runners are not permitted to use bikes, stilts, roller skates, skateboard, pushchairs/buggies or similar in the event and those attempting to do so will be prohibited from starting and may be forcibly removed from the course mid-race where necessary. Anyone attempting to start or join the race in any outfit that we, in our absolute discretion, deem unsuitable and/or dangerous to other competitors or spectators, will not be allowed to start the event or, if on the course, may be removed from the event. Wheelchair entrants must inform us [by email](#) in advance of entering the race. **You are not permitted to run with animals or pets or be accompanied by non-entry paying runners or cyclists.**



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[derbyarena.co.uk/join](http://derbyarena.co.uk/join)  

Derby City Council

## Directions

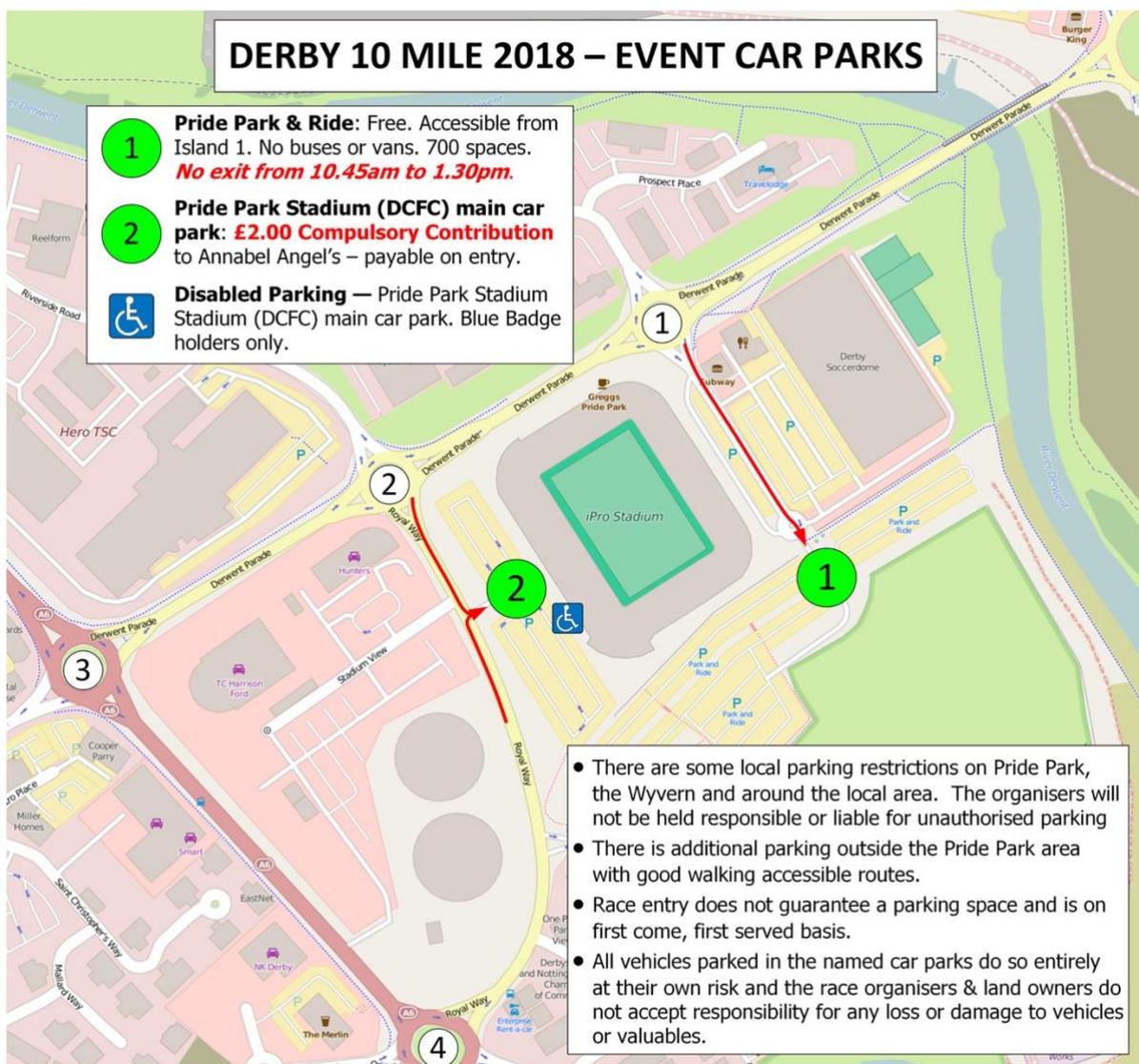
The race takes place at DCFC's Pride Park Stadium on Pride Park, DE24 8XL which is located in Derby not far from the M1 motorway and easily accessible from the A52, A50, M42 and A38. Please follow the event signs and marshals when on Pride Park.

## Event Car Parks

Pride Park is expected to get busy on race morning so please arrive early as possible. Car sharing is recommended. Vehicles parked on the course may be removed without warning. The race will start on time so please leave plenty of time to arrive and collect your race pack if necessary. We recommend that you aim to arrive 90 minutes (9.30am) before the start of the race.

When parking at the Pride Park Stadium main car park (2), there is a £2.00 compulsory contribution payable to the official charity Annabel's Angels. Pride Park & Ride (1) car park is free to park in but there is no exit from 10.45am to 1.30pm as the final part of the route passes the entrance/exit.

Please follow the marshals' instructions at all times when entering and exiting the car parks. Please be patient at peak times.



## Personal Audio Players

From 1 April 2016 a new rule regarding the wearing of headphones in road races was introduced into the 2016-2018 edition of the UKA Rules of Competition: “The wearing of headphones, or similar devices, (other than those medically prescribed), is not permitted in races on any single carriageway road that is not wholly closed to traffic.” **As the Derby 10 Mile is a UKA licensed event, the above rule applies.** However, since the publication of this new rule, a further supplementary rule in September 2016 states that headphones that work by conducting sound through bones and do not sit in the ears are acceptable. Runners must be alert at all times to directions given by marshals in the case of an emergency situation.

Runners wishing to wear bone conduction headphones on race day must complete the form on the Derby 10 Mile website at [derby10.co.uk/bone-conduction-headphones](http://derby10.co.uk/bone-conduction-headphones)

## Official Race Charity

This year’s race will be supporting [Annabel’s Angels](#) as the official Derby 10 Mile 2018 charity. Annabel’s Angels originates from a group of people all affected by cancer. They and the late Annabel Hancox from Derby were all diagnosed with cancer during 2012. [Annabel’s Angels](#) is a Registered Charitable Trust aiming to raise funds and increase support for patients, families and carers living with cancer in Derby.

The charity is 100% volunteer-led with all income generated by donations. The charity works closely with Royal Derby Hospital, Macmillan Cancer Support and other cancer related support services to improve the quality of life for families in and around Derby living with cancer. To make a donation, please visit their [website](#) and visit the Annabel’s Angels charity stall to show your support on race day.

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## Acknowledgements

The race organisers would like to thank all the sponsors, supporters and the volunteers for their involvement in the Derby 10 Mile. Without their assistance, there would be no race.

If you are interested in joining our race crew please email: [volunteers@derby10.co.uk](mailto:volunteers@derby10.co.uk)

The Western Power Distribution Derby 10 Mile is part of the **RunDerby** race series.

## RunDerby

<http://www.runderby.co.uk/race-series/>

Race under UK Athletics Rules – UKA License No. 2018-35294

E-mail: [info@derby10.co.uk](mailto:info@derby10.co.uk) | Public Enquiries: 07799570370

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| <p><b>4</b></p>  <p>Have things like a torch or lantern ready (it's best not to use candles or paraffin lights).</p>   | <p><b>5</b></p>  <p>Protect sensitive electrical equipment such as computers with a surge protector plug.</p>                                      | <p><b>6</b></p>  <p>Keep a wind-up/ battery/solar radio ready so you can listen to local radio updates.</p>                  |
| <p><b>7</b></p>  <p>If you have a mains operated stair lift, check to see if there is a manual release handle that can be used to return it safely to the ground level if it stops working.</p> |   |   |

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